#### A Newsletter for Juneau County Seniors & Adults with Disabilities





# **AGELESS**

# HEIDI RANDALL, DIRECTOR Aging & Disability Resource Center of Southwest WI--Mauston 608-847-9371 or toll free 877-794-2372 Website: www.adrcswwi.org September, 2011 NOTES FROM HEIDI NO. 352

## Hello Everyone—

We are pleased to offer another 7 week session of our Stepping On Falls Prevention Class. Our grant from the Medical College of Wisconsin has been extended through January 2012. The next class starts on Friday, Sept. 2 and runs through Friday, Oct 14. It will be held at the Mile Bluff Medical Center on the second floor in the Community Room from 9:30-11:30 a.m. The class is evidenced based which means that the class content and activities associated with it have proven to be effective in preventing future falls and educating persons on how to structure their homes and lives to stay healthy. We hope you will join us; the class is \$10, payable at the door. Call 847-9371 to sign up.

We are starting to get a few calls about this year's fuel assistance program. The program is administered by the Central Community Action Council and their phone number is 847-5988.

Kitchen volunteers are needed at the Mauston nutrition site, both as dish washers and general kitchen volunteers. Meals are served Monday-Thursday. If you can help out stop by at the site or give us a call at 847-9371. We have started a news column by the mealsite managers—check out what's happening at the sites.....and come and have lunch with us.

Summer is coming to an end but the lovely fall days are ahead of us. I hope you have had a good summer Hopefully our farmers have had a successful growing season and we will all be able to enjoy the fruits (and vegetables!) of their labors. Enjoy these nice days....See you in October---Heidi

# **MENU FOR**

# Mauston, Necedah, Camp Douglas, New Lisbon and Lyndon Station 847-9371 547-3125 427-3287 562-6592 666-2423

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
September 5	September 6	September 7	September 8
Labor Day	Budget Cut Day	Pot Roast/Gravy	Chicken Wild Rice
Holiday	Sites Closed	Potatoes & Carrots	Casserole
ADRC Offiice &		Peas	Sliced Beets
All Mealsites Closed		Wheat Roll/Butter	Corn Bread/Butter
		Bread Pudding	Seasonal Fruit
September 12	September 13	September 14	September 15
Beef Tips/Gravy	Herb Baked Chicken	Turkey ala King/Biscuit	Hungarian Goulash
Seasoned Noodles	Gravy/Bread Dressing	Mixed Vegetables	Cabbage/Carrots/Dill
California Blend Veg.	Green Bean Almondine	Warm Applesauce	Wheat Roll/Butter
Potato Bread/Butter	Wheat Roll/Butter	Dessert Bar	Apple Crisp
Fruited Jello	Seasonal Fruit		
September 19	September 20	September 21	September 22
Salisbury Steak/Gravy	BBQ Pork on Bun	Hamburger Gravy	Roast Turkey
Oven Browned Potatoes	Tator Tots	Mashed Potatoes	Mashed Potatoes/Gravy
Squash	Seasoned Corn	Glazed Carrots	Mixed Vegetables
Wheat Bread/Butter	Coleslaw	Potato Bread/Butter	12 Grain Bread/Butter
Seasonal Fruit	Tropical Fruit Salad	Pudding	Seasonal Fruit
September 26	September 27	September 28	September 29
Chicken Pasta Salad	Baked Ham	Shredded Beef/Bun	Meat Loaf
On Lettuce	Baby Reds	Carrot Coins	Baked Potatoes
Marinated Beet Salad	Squash	Spring Pea Salad	Sour Cream
Chef's Choice Soup	Cheese Biscuit/Butter	Fruited Jello	Green Peas
Wheat Roll/Butter	Pie		Wheat Roll/Butter
Seasonal Fruit			Frosted Cake

# CONGREGRATE MEAL (IN CENTER) & MEALS ON WHEELS (HOMEBOUND)-\$3.75 MENU SUBJECT TO CHANGE WITHOUT NOTICE

Mauston Mealsite- Adult Center, Courthouse Annex Basement, 220 E. LaCrosse St., Necedah Mealsite- Necedah Village Hall, 100 Center Street, Camp Douglas Mealsite- Camp Douglas Village Hall, 304 Center Street, New Lisbon Mealsite-New Lisbon Fire Dept, 234 Pleasant Street, Lyndon Station Mealsite- Beagles Bar & Grill, 107 W. Flint Street.

## WONEWOC MENU Bernie's Wagon Wheel II 229 Center Street, Wonewoc 464-7217

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 6	Sept. 7	Sept. 8	Sept. 9
BBQ/Bun	Pot Roast/Gravy	Chicken Wild Rice	Fish/Tartar Sauce
Hash Browns	Potatoes & Carrots	Casserole	Scalloped Potatoes
Mixed Vegetables	Peas	Sliced Beets	Green & Gold Beans
Pickles	Wheat Roll/Butter	Cornbread/Butter	Apple Rings
Baked Custard	Bread Pudding	Seasonal Fruit	Dinner Roll/Butter
			Pudding/Topping
Sept. 13	Sept. 14	Sept. 15	Sept. 16
Herb baked Chicken	Turkey ala King/Biscuit	Hungarian Goulash	Fish/Tartar Sauce
Gravy/Bread Dressing	Mixed Vegetables	Cabbage/Carrots/Dill	California Blend Veg.
Green Bean Almondine	Warm Applesauce	Wheat Roll/Butter	Potato Bread/Butter
Wheat Roll/Butter	Dessert Bar	Apple Crisp	Fruited Jello
Seasonal Fruit			
<b>Sept. 20</b>	Sept. 21	Sept. 22	Sept. 23
BBQ Pork/Bun	Hamburger Gravy	Roast Turkey	Fish/Tartar sauce
Tator Tots	Mashed Potatoes	Mashed Potatoes/Gravy	Oven browned Potatoes
Seasoned Corn	Glazed Carrots	Mixed Vegetables	Squash
Coleslaw	Potato Bread/Butter	12 grain bread/butter	Wheat Bread/Butter
Tropical Fruit	Pudding	Seasonal Fruit	Seasonal Fruit
<b>Sept. 27</b>	Sept. 28	Sept. 29	Sept. 30
Baked Ham	Shredded Beef/Bun	Meatloaf	Fish/Tartar Sauce
Baby Reds	Carrot Coins	Baked Potato/Sour cream	Potatoes
Squash	Spring Pea Salad	Green Peas	Marinated Beet Salad
Cheese Biscuit/Butter	Fruited Jello	Wheat Roll/Butter	Chef's Choice Soup
Pie		Frosted Cake	Wheat Roll/Butter
		MEAL CONTINUED COL	Seasonal Fruit

CONGREGATE MEALS (IN CENTER) & MEALS ON WHEELS (HOMEBOUND)-\$3.75
MENU SUBJECT TO CHANGE WITHOUT NOTICE

# **ELROY MENU Grace Lutheran Church** 206 Erickson Street, Elroy 462-5175

MONDAY	TUESDAY	THURSDAY	FRIDAY
August 29	August 30	September 1	September 2
BBQ/Bun	Cook's Choice		
Hash Browns	Meat	Furlough Day	Budget Cut Day
Mixed Vegetables	Potatoes	All Sites Closed	Mealsite Closed
Pickles	Vegetable		
Baked Custard	Dinner Roll/Butter		
	Dessert		
September 5	September 6	September 8	September 9
	Baked Chicken	Meat Loaf	Baked Fish/Tartar Sauce
Labor Day	Mashed Potatoes/Gravy	Potatoes/Gravy	Augratin Potatoes
ADRC Office &	Broccoli	Carrots	Coleslaw
All Mealsites Closed	Cranberries	Pickled Beet Slices	Dinner Roll/Butter
	Dinner Roll/Butter	Dinner Roll/Butter	Fruited Jello
	Mixed Fruit	Cake	
September 12	September 13	September 15	September 16
Chili Soup/Beans	Chicken Breast	Spaghetti/Meatsauce	Sirloin Tips/Mushrooms
Crackers	Rice/Gravy	Tossed Salad	Mashed Potatoes
Cheese Slices	Broccoli/Cauliflower Mix	Cottage Cheese	Peas & Carrots
Fruit Salad	Cranberries	Garlic Bread	Dinner Roll/Butter
Dinner Roll/Butter	Dinner Roll/Butter	Peaches	Fruit
Brownie	Pie	Cookie	
September 19	September 20	September 22	September 23
Ham Boiled Dinner	Baked Chicken	BBQ/Bun	Liver & Onions
With Vegetables	Potatoes/Gravy	Baked Beans	Potatoes/Gravy
Tropical Fruit	Diced Beets	Macaroni Salad	Green Beans
Dinner Roll/Butter	Pickles	Peaches-Pear Mix	Cucumbers
Bread Pudding/Raisins	Dinner Roll/Butter	Cookie	Dinner Roll/Butter
	Fruited Jello		Fruit
September 26	September 27	September 29	September 30
Pork Roast	Ham Salad/Bun	Creamed Chicken over	Hamburger Steak
Potatoes/gravy	Cheese Slice	Biscuit	Potatoes/Gravy
Sauerkraut	Choice of soup	Peas & Carrots	Corn
Applesauce	3-Bean Salad	Cranberries	Pickled Beet Slices
Dinner Roll/Butter	Banana Cream Pie	Peaches	Dinner Roll/Butter
		Brownie	Fruit

CONGREGATE MEALS (IN CENTER) & MEALS ON WHEELS (HOMEBOUND)-\$3.75 MENU SUBJECT TO CHANGE WITHOUT NOTICE

# News from our Meal Sites

#### Camp Douglas Mealsite-

The Camp Douglas meal site was started on April 24, 1978 by Lou Ann Skaro and George Schleicher. Dee Ann Shanahan helped. It was held at Camp Inn, Main Street. Eating was done in the dining room of the Camp Inn Tavern. Juneau County Department of Aging through Marian Zabrockas made out the menu. Lou Ann Skaro cooked. It was served on trays buffet style. Doc Raymond delivered the homebound meals. The contribution was \$1.25 or \$1.50?

Bingo was started by Lou Ann. Some prizes given were jello, toothpaste and food items. Some participants were: Gladys Harrington, Emma Grimshaw- Norby V.A. Residents. There was one manager after Lou Ann and then Bobbi Steele. Mary Webster was hired by Marian Zabrockas in the 1980's. The food came from the Tomah Schools after a while and was "wonderful." Katie Connor and Lucy Krohn helped. Doc Raymond still delivered the homebound meals.

The lower room of the Camp Douglas Hall was used. It had a makeshift kitchen which included a sink on the wall and an old stove. Mary Webber designed the kitchen. About 12 people were served but the number greatly increased. Edith Mitchell and Harvey Madison delivered meals to the homebound. Harvey Madison and later Danell Stowell picked up participants from Hustler and returned them after the meal. Darrell went and got Caroline Barnharst, Ruth Harrison there Darell Stowell did this for about 2 years.

Katie Connor and Lucy Krohn helped at the site.

Some participants at the site were Harvey & Cora Madison, Clarence and Florence Hansen, Charles and Edith Mitchell, and Henry Klapproth.

Mary Webber was manager for about 8 years. In the 1980's the meals were prepared by New Lisbon Schools during the school year and by Pleasant Acres in the summer. Leona Lauden came to help in 1955. Sandy Stevens, rural Camp Douglas, was the manager when she came. Leona has seen 9 or 10 managers come and go since then! *June, 2011, Mary Webber, Lou Ann Skaro, Sharon Barnharst, Leona Lauden* 

# Elroy Meal Site-

Hello Folks,

Just a few words from the Elroy meal site. We have a bunch of happy people that come to eat and play bingo four days a week. They not only socialize but we have singalongs. I furnish the daily paper for them to read. But they enjoy winning 2 small candy bars, their prize for bingo. Everyone goes home with 2 daily even if they don't bingo twice. They all seem happy and contented folks. We do our best to keep them so. *Ethel & my Super Volunteers*.

# **News from our Meal Sites (continued)**

#### Lyndon Station Site-

Hello from Lyndon Station Meal Site. We just had a big weekend in Lyndon. We partied in the Parkfest Parade with a banner on a van, and handed out a flyer and an Ageless newsletter for the sites. The weather was great with a large crowd. Our summer was great, but it's coming to an end too soon. See ya next month.

Betty Lackas

#### Mauston Meal Site-

Good friends gathered for Carol Aren's retirement party here at the site on August 9, 201l. We are sad to see Carol go. But she can always come volunteer. Dirty Clubs has become the card game of choice. Come join our card players for hours of fun. Thank you for supporting our Mauston Meal Site.

Katie Puhl, Site Manager

# What's New For 2012?

**MEDICARE** offers prescription drug coverage to everyone with **MEDICARE**. Please note starting this fall, there will be a change in the dates of the Open Enrollment Period for Medicare Part D Prescription Drug Plans and Medicare Advantage Plans.

#### When Can You Join A Medicare Drug Plan?

Between October 15 – December 7, 2011, anyone can join, switch or drop a Medicare drug plan/Medicare Advantage Plan. The change will take effect on January 1 as long as the plan gets your request by December 7, 2011.

- If you get Medicare due to a disability, you can join during the 7-month period that begins 3 months before your 25<sup>th</sup> month of disability, includes your 25<sup>th</sup> month of disability, and ends 3 months after your 25<sup>th</sup> month of disability.
- If you get Extra Help, you can join, switch or drop a Medicare drug plan anytime. Remember, if you decide not to join a MEDICARE drug plan when you're first eligible, and you don't have other like prescription drug coverage, or you are not eligible for EXTRA HELP, you'll likely pay a late enrollment penalty.

During the month of October Norma Phillips and Cathy Spatola will schedule information workshops at various locations in Juneau County. A list of locations will be printed in the October Newsletter. If you have any questions please call the Aging & Disability Resource Center of Juneau County at (608) 847-9367 or 847-9371.

# **September Birthdays**

**Sept. 1-** Harold Ristow & Pam Green **Sept. 3-** Terry Potter **Sept. 6-** Dick McDonald **Sept. 7-** Arnold Franke **Sept. 9-**Lorraine Nierwicki **Sept. 10-** Charles Laudie

**Sept. 12-** Madeline Schroeder **Sept. 14-** Jonetta Zukauskis

**Sept. 27-** Bonnie Greenwood **Sept. 29-** Veryl Franke

# FUEL ASSISTANCE APPLICATION DATES FALL 2011

#### **SEPTEMBER**

Wednesday, Sept. 14—Armenia Town Hall, 10 a.m.-Noon

Wednesday, Sept. 21—Necedah Village Hall, 10 a.m.-2 p.m.

Tuesday, Sept. 27—New Lisbon Mealsite, New Lisbon Fire Dept. 10 a.m.-2 p.m.

**Thursday, Sept. 29**—Camp Douglas Mealsite, Camp Douglas Village Hall 10 a.m.-2 p.m. **OCTOBER** 

Tuesday, Oct. 4—Mauston Adult Center, 10 a.m.-1 p.m.

Tuesday, Oct. 11—Wagon Wheel II, Wonewoc 10:30 a.m.-1 p.m.

Thursday, Oct. 13—Grace Lutheran Church, Elroy 10 a.m.-1 p.m.

Wednesday, Oct. 19—Necedah Village Hall, 10 a.m.-1 p.m.

Wednesday, Oct. 26—Beagle's Bar & Grill, Lyndon Station 10 a.m.-2 p.m.

# Please Bring the following documents with you:

- 1. Proof of previous 3 months gross household income
- 2. Social Security cards for everyone in the household
- 3. Fuel and electric costs from September 1, 2010 to August 31, 2011.

For more information contact the Central Wisconsin Community Action Council at 847-5988

# If It's Not Gov, It's Not Social Security

#### By Karyl Richson, Social Security Public Affairs Specialist In Milwaukee, WI.

When you go on a road trip, you need to follow the signs to arrive at the right place. Going online can be very much the same. Look for the "gov" at the end of the web address—if it isn't .gov, it isn't the real Social Security website.— www.socialsecurity.gov.

Countless consumers nationwide are victimized each year by misleading advertisers who use "Social Security" or "Medicare" to entice the public to use their services. In many cases, these companies offer Social Security services for a fee, even though the same services are available directly from Social Security, free of charge. These services include:

- Updating a Social Security card to show a bride's married name
- Replacing a Social Security card and
- Getting a Social Security Number for a child.

These for-profit businesses may cleverly design their websites, so when people use Internet search engines, the advertisement pops up. They may even make their advertisement look similar to the real Social Security website. And some of these sites, at first glance, appear to be affiliated with Social Security. But upon closer examination, there are for-profit companies charging individuals for a service that has been provided for free by Social Security.

For instance, a quick Google search on "replacing a Social Security card" brings up paid advertisements for websites that charge a fee just to get an application for a new card. That service is absolutely free from Social Security.

The law that deals specifically with misleading Social Security and Medicare advertising prohibits people or non-government organizations, like for-profit businesses, from using words or emblems that mislead others. Their advertising cannot lead people to believe that they represent or are somehow affiliated with or endorsed or approved by Social Security or the Centers for Medicare and Medicaid Services (Medicare). But that doesn't stop advertisers from trying. For more information, you can read our publication *What You Need To Know About Misleading Advertising* at <a href="https://www.socialsecurity.gov/pubs/10005">www.socialsecurity.gov/pubs/10005</a>, <a href="https://www.socialsecurity.gov/pubs/10005">https://www.socialsecurity.gov/pubs/10005</a>, <a href="https://www.socialsecurity.gov">https://www.socialsecurity.gov</a> make sure you look for the "gov" sign along the way. Don't be tricked into paying a fee for a service that's free. And remember, if it isn't .gov, it isn't Social Security.

# Social Security Field Offices to Begin Closing to the Public a half hour Early

## **Congressional Budget Cuts Force Reduced Public Hours**

Effective August 15, 2011, Social Security field offices nationwide will close to the public 30 minutes early each day. For example, a field office that is usually open to the public Monday through Friday from 9 a.m. to 4 p.m. will close daily at 3:30 p.m.

"While agency employees will continue to work their regular hours, this shorter public window will allow us to complete face to face service with the visiting public without incurring the cost of overtime for our employees," said Michael J. Astrue, Commissioner of Social Security. "Congress provided our agency with nearly \$1 billion less than the President requested for our budget for this fiscal year, which makes it impossible for us to provide the amount of overtime needed to handle service to the public as we have in the past."

Most Social Security services do not require a visit to an office. For example, anyone wishing to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform us of a change of address or telephone number may do so. At <a href="https://www.socialsecurity.gov">www.socialsecurity.gov</a> or by dialing our toll-free number 1-800-772-1213 (TTY 1-800-325-0778).

# Want To Retire in 2012? Apply Now!

By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI

Plan to start receiving your Social Security retirement benefits in January, 2012? We recommend you apply this October if you'd like your benefits to begin in January.

If the prospect of traveling to an office does not appeal to you, then save yourself a trip and consider the advantages of applying online for Social Security retirement benefits. The Social Security website at <a href="https://www.socialsecurity.gov">www.socialsecurity.gov</a> makes the process easy and convenient.

In most cases, once you submit your online application electronically, that's it. There are no additional forms to sign or paperwork to complete. In rare cases where we need additional information, a representative will contact you.

You can complete your application for retirement benefits from the comfort of your home or office in as little as 15 minutes. Then you can celebrate 2012 by receiving your first Social Security payment on time.

If you are not quite ready to retire but are thinking about doing so in the near future, you may want to visit Social Security's website to use our convenient and informative retirement planner at <a href="www.socialsecurity.gov/retire2">www.socialsecurity.gov/retire2</a>. Here you can find out just how close you are to meeting your financial goals and then "bookmark" the website to file for retirement benefits whenever you are ready.

We encourage people at any stage in their working career to use the *Retirement Estimator* for a instant, personalized estimate of future retirement benefits. Find it at <a href="https://www.socialsecurity.gov/estimator">www.socialsecurity.gov/estimator</a>.

Remember that you're always first in line when you go online, to www.socialsecurity.gov

# **SocialSecurity.Gov Delivers**

# By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI

Would you like to stay informed when there are changes to the Scial Security website? More than one million people currently receive updates with the click of a button. Just visit <a href="www.socialsecurity.gov/govdelivery">www.socialsecurity.gov/govdelivery</a> or look for the red envelope icon on your favorite Social Security web pages.

A number of Social Security's more popular pages include an icon of a red envelope followed by a link that says "Get email updates." Clicking on that link will allow you to subscribe to updates for that particular page. If you click on the link, you'll get a list of the available subscription pages. You may select how often you wish to be notified of changes (immediately, daily, weekly or monthly).

We have more than 25 topic pages you can subscribe to, including such hot topics as congressional testimony and speeches, disability research, popular baby names, and press releases at <a href="www.socialsecurity.gov">www.socialsecurity.gov</a>.

Get a complete, linkable list of pages you can subscribe to a <a href="https://www.socialsecurity.gov/govdelivery">www.socialsecurity.gov/govdelivery</a>. When it comes to news and information updates from Social Security's website, we deliver.

# It's No Labor To Apply Online For Retirement Benefits

By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI

If you're like most workers, you've labored hard throughout the year. This Labor Day weekend, it's nice to be able to kick back and take a rest from all your hard work. But it may also be a good time to take a look at your retirement plan.

The best starting point is to visit Social Security's *Retirement Estimator* at <a href="https://www.socialsecurity.gov/estimator">www.socialsecurity.gov/estimator</a>. The *Retirement Estimator* is an easy way to get an instant, personalized estimate of future retirement benefits. The *Estimator* uses your actual earnings history to compute a benefit estimate. However, for privacy purposes, we do not display your earnings. You can enter a variety of scenarios, such as different earnings amounts and retirement dates, to find out how they will change your benefit amount. If the picture looks better than you anticipated, you might decide it's time to punch your last time card and leave the labor force for retirement sooner than you expected. If that's the case, the easiest way to apply for retirement is online.

It used to be a labor to apply for benefits. It used to mean making a trip to a Social Security office and then being required to fill out paperwork. Now you can visit <a href="www.socialsecurity.gov/applyonline">www.socialsecurity.gov/applyonline</a> to find out everything you need to know about applying online for retirement benefits—are to proceed with filing the application online in as little as 15 minutes.

In most cases, once you can submit your online application electronically, that's it. There are no additional forms to sign or paperwork to complete. In rare cases where we need additional information, a representative will contact you.

This Labor Day, picnics, family and friends are all part of the fun you've earned on a holiday set aside to celebrate the fruit of your labor. But spend a few moments considering what your labor has earned you through Social Security protection for you and your family.

Learn more about Social Security as <a href="www.socialsecurity.gov">www.socialsecurity.gov</a>.

# **Spanish Is Our Second Language**

By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI

During National Hispanic Heritage Month, which runs from September 15 to October 15. Social Security offices across the country will join in recognizing the many contributions of Hispanic Americans to the United States and in celebrating Hispanic heritage and culture.

Our website is recognized as being at forefront for providing information and services in Spanish. Find out why by visiting <a href="www.segurosocial.gov">www.segurosocial.gov</a>. The popular Spanish language website offers a vast amount of information that is useful to people whose first language is Spanish.

The <u>www.segurosocial.gov</u> website features more than 100 Spanish public information pamphlets, leaflets, and fact sheets. The website also lets visitors to receive an instant, personalized estimate of future retirement benefits. And what's better, visitors can try out different scenarios to see how they would change future benefits, like changing future wage estimator or retirement dates. It's great tool for planning for the future.

If you want to visit an office and speak with someone in Spanish, we do have interpreter services available in the event that there is not a Spanish speaking representative working in the office. To learn about our interpreter services, visit

www.socialsecurity.gov/espanol/interpretor.htm.

In addition, our national toll-free number (1-800-772-1213) provides automated prompts in Spanish for all callers. Toward the beginning of the call, you will be asked to continue in English or Spanish for all callers. Toward the beginning of the call, you will be asked to continue in English or Spanish; it's an easy as that to get service in the language you're most comfortable with.

So whether it is via the Internet, through face to face office visits, or over our national 800 number, Social Security remains committed to providing quality service to an increasing more diverse American public.

This National Hispanic Heritage Month, visit <u>www.segurosocial.gov</u> to learn about Social Security in Spanish.

# **Questions & Answers**

#### General

**Question:** I received a notice from Social Security recently. It said my name and Social Security number do not match Social Security's records. What should I do?

**Answer:** It's critical that your name and Social Security number, as shown on your Social Security card, match your employer's payroll records and your W-2 form. If they don't, here is what you need to do:

- Give your employer the correct information exactly as shown on your Social Security card or your corrected card; or
- Contact your local Social Security office (<a href="www.socialsecurity.gov/locator">www.socialsecurity.gov/locator</a>) or call 1-800-772-1213 (TTY 1-800-325-0778) if your Social Security card does not show your correct name and Social Security number.

For more information, visit our website at www.socialsecurity.gov

**Question:** Are Social Security numbers reassigned after a person dies?

**Answer:** No. We do not reassign Social Security numbers. In all, we have assigned more than 460 million Social Security numbers, and each year we assign about 5.5 million new numbers. The current system has enough new numbers for several more generations. For more information, visit our website at <a href="https://www.socialsecurity.gov">www.socialsecurity.gov</a> or call us toll free at 1-800-772-1213 (TTY 1-800 325-0778).

#### Retirement

Question: Can I apply online for retirement benefits?

**Answer:** Yes. It's quick and easy. Apply online and save yourself a trip to the office. Once you submit you application electronically, in most cases, you're done. There are no forms to sign or documents to send in. If we do need more information to process your application, a representative will contact you. For more information about applying on line, visit our website at <a href="www.socialsecurity.gov">www.socialsecurity.gov</a> or call us toll free at 1-800-772-1213 (TTY 1-800 325-0778).

**Question:** If both my spouse and I are entitled to Social Security benefits, is there any reduction in our payments because we are married?

**Answer:** No. We independently calculate each spouse's Social Security benefit amount. Each spouse receives a monthly benefit amount based on his or her own earnings. Couples are not penalized simply because they are married. If one member of the couple earned low wages and did not earn enough Social Security credits to be eligible for retirement benefits, he or she may be eligible to receive benefits as a spouse.

# **Disability**

Question: How does Social Security decide if I am disabled?

**Answer:** If you are an adult, you must be unable to work for a year or more because of a medical condition or combination of medical impairments. Overall, we use a 5 step evaluation process to decide whether you are disabled. The process considers any current work activity you are doing. It also considers your medical condition and how it affects you ability to work. To be found disabled:

- You must be unable to do the work you did before you became disabled and we
  must decide you cannot adjust to other work because of your medical condition; and
- Your disability must last or be expected to last, for at least 1 year or to result in death.

Social Security pays only for total disability. We do not pay benefits for partial or short-term disability. For more information read our publication *Disability Benefits* at <a href="https://www.socialsecurity.gov/pubs/10029html">www.socialsecurity.gov/pubs/10029html</a>.

**Question:** If I go back to work, will I automatically lose my Social Security disability benefits?

**Answer:** Social Security has several work incentive programs to help people who want to work. You may be able to receive benefits and continue your health care coverage during a trial work period. For information about Social Security's work incentives and how they can help you return to work, you should:

- Visit our special work site at <a href="https://www.socialsecurity.gov/work">www.socialsecurity.gov/work</a>;
- See the *Red Book* on work incentives at <u>www.socialsecurity.gov/redbook</u>;
- Call our toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) or
- Contact your local Social Security office (<u>www.socialsecurity.gov/locator</u>).

For more information visit our website at <a href="www.socialsecurity.gov">www.socialsecurity.gov</a> or call us toll free at 1-800-772-1213 (TTY 1-800 325-0778).

#### Supplemental Security Income

**Question:** If I receive Supplemental Security Income (SSI) disability benefits, what is the effect my benefits if I work?

Answer: In most cases, your return to work would reduce your benefit amount, and in some cases, discontinue your payments. Unlike Social Security disability, there is no "trial work period" for people who get SSI disability benefits. In most cases if your only income besides SSI is from your work, you can earn up to \$1,4333 in a month (in 2011) before we stop your payments. We have several publications about SSI, including *Reporting your wages when you receive Supplemental Security Income*, available at <a href="https://www.socialsecurity.gov/pubs/10503.html">www.socialsecurity.gov/pubs/10503.html</a> Note that there are other work incentives that can help you return to work when you receive SSI. You can read about them in *What You Need To Know When You Get Supplemental Security Income (SSI)* at <a href="https://www.socialsecurity.gov/pubs/11011.html#part6">www.socialsecurity.gov/pubs/11011.html#part6</a>. For more information visit our website at <a href="https://www.socialsecurity.gov/pubs/11011.html#part6">www.socialsecurity.gov/pubs/11011.html#part6</a>. For more information visit our website at <a href="https://www.socialsecurity.gov/pubs/11011.html#part6">www.socialsecurity.gov/pubs/11011.html#part6</a>. For more information visit our website at <a href="https://www.socialsecurity.gov/pubs/11011.html#part6">www.socialsecurity.gov/pubs/11011.html#part6</a>.

**Question:** I am receiving Supplemental Security Income(SSI). Can my children receive dependent's benefits based on my benefits?

**Answer:** No. SSI benefits are based on needs of one individual and are paid only to the qualifying person. Disabled children are potentially eligible for SSI, but there are no spouse's dependent children's or survivors benefits payable as there are with Social Security benefits. For more information, see our publication, *Supplemental Security Income (SSI)* available online at <a href="https://www.socialsecurity.gov/pubs/11000.html">www.socialsecurity.gov/pubs/11000.html</a>. You may also want to read *Understanding Supplemental Security Income (SSI)* at <a href="https://www.socialsecurity.gov/ssi/text-understanding-ssi.thm">www.socialsecurity.gov/ssi/text-understanding-ssi.thm</a>. For even more information, visit our website <a href="https://www.socialsecurity.gov">www.socialsecurity.gov</a>.

#### Medicare

**Question:** Is it true that if you have low income you can get help paying your Medicare premium?

**Answer:** Yes. If your income and resources are limited, your State may be able to help with your Medicare Part B premium, deductibles and coinsurance amounts. State rules vary on the income and resources that apply. Contact your State or local medical assistance, social services or welfare office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227) and ask about the Medicare Savings Programs. If you have limited income and resources, you may also be able to get help paying for prescription drugs coverage under Medicare Part D. Call Social Security at 1-800-772-1213 (TTY users should call 1-800-325-0778) or visit any Social Security office. Also see our publication *Medicare* (publication 10043) at <a href="www.socialsecurity.gov/pubs/10043.html">www.socialsecurity.gov/pubs/10043.html</a> For even more information, visit our website at <a href="www.socialsecurity.gov/pubs/10043.html">www.socialsecurity.gov/pubs/10043.html</a> For

## Supplemental Security Income

**Question:** What is the purpose of Supplemental Security Income or SSI?

**Answer:** SSI is designed to help aged, blind and disabled people who have little income and few resources. It provides financial assistance to meet basic needs for food, clothing and shelter. You can receive SSI even if you have not worked and paid into Social Security. SSI is a Federal income supplemental program funded by general tax revenues (not Social Security). Find out more at <a href="https://www.socialsecurity.gov/ssi/">www.socialsecurity.gov/ssi/</a>

**Question:** My brother recently left me some money. Will this inheritance affect my SSI benefits?

**Answer:** We consider money inherited from your brother income for the month you receive it. The could make you inelgible for SSI that month, depending on the amount of the inheritance. If you keep the money within the next month, it becomes part of your resources. You cannot have more than \$2000 in resources to remain eligible for SSI. You should call Social Security at 1-800-772-1213 and report the inheritance. Representatives can tell you how your eligibility might be affected. People who are deaf or hard of hearing may call our toll-free TTY number 1-800-325-0778 between 7 a.m. and 7 p.m. Monday through Friday.

#### **Medicare**

**Question:** Who is eligible for extra help with Medicare Prescription costs?

**Answer:** Medicare beneficiaries with limited income and resources may qualify for extra help. The extra help can save them money. It pays part of the monthly premiums, annual deductibles and prescription co-payments under the new Medicare prescription drug program. The extra help is estimated to be worth an average of \$4,000 per year. Help someone qualify and apply at <a href="www.socialsecurity.gov./prescriptionhelp">www.socialsecurity.gov./prescriptionhelp</a>

# Recognizing a Stroke

During a BBQ, a woman stumbled and took a little fall- she assured everyone she was fine (they offered to call paramedics).... She said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up. Jane went about enjoying he herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital – (at 6:00 pm Jane passed away). She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

# It only takes a moment to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...<u>totally</u>. He said the trick was getting a stroke recognized, diagnosed and then getting the patient medically cared for within 3 hours, which is tough.

# **RECOGNIZING A STROKE**—

Thank God for the sense to remember the '3' steps. STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack if awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking 3 simple questions:

S \*Ask the individual to SMILE

T \*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (coherently) Example: This is a sunny day.

# R \*Ask him or her to RAISE BOTH ARMS

If he or she has trouble with ANY ONE of these tasks, call emergency number <u>IMMEDIATELY</u> and describe the symptoms to the dispatcher.

# NEW SIGN OF STROKE--- STICK OUT YOUR TONGUE

NOTE: Another 'sign' of a stroke is this: Ask the person to stick out his tongue. If the tongue is'crooked', if it goes to one side or the other that is also an indication of a stroke.

# September 2011 Schedule

Thursday, Sept. 1- Furlough Day, All mealsites closed, ADRC Office open.

**Friday, Sept. 2- Friday, Oct.14-** <u>Steppin' On Falls</u> Prevention Class from 9:30-11:30 a.m. on Fridays (7 weeks) in Community Room of Mile Bluff Medical Center, Register by calling 608-847-9371

**Friday, Sept. 2-** Budget Cut Day for Elroy and Wonewoc. Furlough Day for ADRC, ADRC Office closed today.

**Monday, Sept. 5-** Labor Day, Holiday, All mealsites and ADRC Office closed.

**Wednesday, Sept. 7-** April Martell, U-W Extension Nutrition Coordinator will give a program on Healthy Eating in Adult Center, Mauston at 11:30 a.m.

**Friday, Sept. 9-** April Martell will give a program on Healthy Eating at Bernie's Wagon Wheel II, Wonewoc at 11:30 a.m.

Sunday, Sept. 11- Patriot's Day

**Monday, Sept. 12-** Alzheimer's Support Group Meeting at the Adult Center at 1:30 p.m. Bill Blank, Department of Human Services, Economic Support Manager, will speak on Nursing Home Care and Spousal Improvishment.

**Wednesday, Sept. 13-** April Martell will give program on Healthy Eating at Camp Douglas Village Hall at 11:05 and at the New Lisbon Mealsite at noon.

**Thursday, Sept. 15-** April Martell will give program on Healthy Eating at Necedah Village Hall at 11:30 a.m.

**Friday, Sept. 16-** April Martell will give program on Healthy Eating at Grace Lutheran Church, Elroy at 11:30 a.m.

**Monday Sept. 19-** Committee on Aging & Disability Meeting in Courthouse basement, Room 1 at 9:00 a.m.

**Thursday, Sept. 22-** April Martell will give program on Healthy Eating at Beagle's Bar & Grill, Lyndon Station at 11 a.m.

Friday, Sept. 23-Autumn begins.

# **Mile Bluff Medical Center Dates**

**Health Fairs-** *Appointments are required for all tests.* 

FREE heart disease & diabetes risk assessments. FREE blood sugar and blood pressure screenings. FREE hearing tests (8-11 a.m. only- call to verify tests will be available.) Total cholesterol tests (no fasting) for \$10 or lipid profile tests (12 hour fasting) for \$20. Refreshments and door prizes. **Elroy Family Medical Center-** Thursday, Sept. 8, 7-11 a.m., Call 608-462-8466. **Delton Family Medical Center-** Thursday, Sept. 15, 7-11 a.m., Call 608-254-5888.

**Community Blood Drive-** For more information and to register, Call the Blood Center at 888-310-7555. Monday, Sept. 19 and Tuesday, Sept. 20- from 9 a.m.-2 p.m. in Mile Bluff Medical Center, Mauston.

**Tom Palmer Concert-** For more information and to reserve your spot, call 608-847-2377. Join the tenants of Terrace Heights Retirement Community in welcoming Tom as

he combines folk music and storytelling on Monday, Sept. 19, 2 p.m. in Terrace Heights Retirement Community, Mauston.

**Family & Friends Connection-** *For more information, call 608-847-1838.* A support network for the family and friends of nursing home residents. The meeting will take place on Tuesday, Sept. 13 in Fairview Nursing Home, from 2-3 p.m. The topic will be Managing Your Stress.

**Grief Support Group-** For more information, call Jeff Fairchild at 608-847-1285. They will meet on Thursday, Sept. 22 in Mile Bluff Medical Center, Mauston at 7 p.m.

**AA Group-** For more information, call 608-847-6878 or call the AA Hotline at 608-222-8989. Meetings take place in Mile Bluff Medical Center, Mauston and are closed with no smoking. They are held on Sundays at 6 p.m. and on Mondays, at 7:30 p.m.

**AL-ANON Group-** For more information, call 608-562-5611. Meetings are held on Mondays at 7:30 p.m. in Mile Bluff Medical Center in Mauston.

**Gambling Anonymous Group-** *If you interested in group meetings or GA resources, call Arlene at 608-847-6893 for more information.* 

**Narcotics Anonymous Group-***If you are interested in group meetings or NA resources, Call Dennis at 608-562-6223 or 608-547-2533.* 

**Parkinson's Support Group-** *If you are interested in group meetings, call Arlene at 608-847-6893 for more information.* 

**Social Services- Outpatient Counseling-***For more information, call 608-847-1838.* Group and individual counseling services are available in Mauston, Elroy, Necedah and Lake Delton.

# SAVE THE DATE

4<sup>th</sup> Annual Women's Night Out- Live & Laugh Your Dreams. Call 608-847-1495 for sponsorship and donation opportunities, as well as event information. Women's Night Out will feature Kinza Christenson and her inspirational presentation, "Live and Laugh Your Dreams." The evening will also include health and wellness exhibits, interactive sessions, free gift bags, health screenings, door prizes, raffles, salad and dessert bar, and fun with hundreds of women. 'Like' Women's Night Out—Juneau County on Facebook, and get up to date details daily. This it to be held on Thursday, Oct. 6 from 4:30 to 9 p.m. in Mauston High School.

# **Mauston Police Department Drug Drop Off Program**

The main goal of this program is to properly dispose of all unused prescription drugs. Unused <u>prescription drugs</u> may be dropped off at the Mauston Police Department, 303 Mansion Street, in Mauston during business hours; 8 a.m. to 4:30 p.m. Monday through Friday

<u>Additional Tips-</u> Cross your name off the bottle or black it out (a marker is provided at the Police Department.) Put the bottles in a sealed sandwich or freezer bag. (Bags are provided at the Police Department.)

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**OPEN SCHOOL WEEK** 

Advice	Aims	Classroom	Conference	consult	discussion	goals
Guidance	ideas	information	issues	observer	opinions	plans
Praise	principal	problems	pupils	questions	records	report
Schedule	school	suggestions	talk	teachers		

# Acceptable Documents for Wisconsin Driver License or ID Card Application

When applying for an original (first) Wisconsin Instruction Permit, drivers license or identification card you must provide acceptable documents showing:

- 1. proof of U.S. citizenship, legal permanent conditional resident status or legal presence in the U.S.
- 2. Proof of your name and date of birth
- 3. Proof of identity
- 4. Proof of Wisconsin residency if you are 18 years of age or older.

This publication lists the acceptable documents in the 4 categories above.

#### **Information For All Documents.**

√Documents presented as proof must be original. Photocopies are not acceptable.

√Documents with a photograph of a person will be accepted only when the person is readily recognizable from the photograph.

 $\sqrt{\text{The department will decline to accept any document presented if it has reason to suspect the authenticity of the document.}$ 

√Questionable documents may require additional review.

 $\sqrt{A}$  VALID document is one that is not expired.

*Minimum Stay Requirement:* Temporary visitors to the U.S. must have legal presence documents authorizing a minimum stay of:

• 1 year with at least 6 months remaining for a drivers license.

• 6 months with at least 3 months remaining for an ID card.

Acceptable Documents for Proof of Citizenship or Legal Status in the U.S.

When applying for an original (first) Wisconsin permit, driver's license or identification card, you must provide proof of U.S. Citizenship, legal permanent resident status, legal conditional resident status or legal presence in the U.S. When applying for any other Wisconsin instruction permit, driver license or identification card, you must provide proof of legal presence if you use a:

- a) U.S. Citizen without a valid Social Security number on file.
- b) Permanent or conditional residence.
- c) Temporary non-immigrant visitor.

The following original documents are acceptable proof of U.S. Citizenship, legal permanent resident status or legal presence in the U.S.

- 1.U.S. state or local government-issued certificate of birth (certified copy only—birth registration and hospital certificates are not acceptable). In line with Puerto Rico's law as of October 31, 2010. Wisconsin will not accept any Puerto Rican birth certificate certified before July 1, 2010. More information at <a href="https://www.pr.gov">www.pr.gov</a>.
  - 2. Valid U.S. passport.
  - 3. Valid foreign passport with appropriate immigration documents, which shall include or be accompanied by federal form I-94, arrival and departure record.

Note: The appropriate immigration documents determine legal presence, not the The passport itself.

- 4.U.S. Certificate of Citizenship (federal form N-560 or N-561.)
- 5. U.S. Certificate of Naturalization (federal form N-550 or N-570).
- 6. Valid Department of Homeland Security (DHS) U.S. Citizenship and Immigration services(USCIS) federal form I-551, resident alien registration receipt card, issued since 1997.
  - 7. Valid DHS/USCIS federal form I-688 temporary resident identification card.
  - 8. Valid DHS/USCIS federal form I-6888 or I-766 employee authorization document.
  - 9. Valid DHS/USCIS federal form I-571, refugee travel document.
  - 10. DHS/USCIS federal form I-797, notice of action\*
  - 11. DHS/Transportation Security Administration (TSA) transportation worker identification credential.
  - 12. U.S. Department of State reception and placement program assurance form (refugee version) which shall include or be accompanied by federal form I-94, arrival and departure record.
  - 13.Documentary proof specified in s.343.14(2)(er) Stats, that is approved by the appropriate federal authority.
    - Valid foreign passport containing a valid non-immigrant visa and I-94, arrival and departure record.
    - Valid foreign passport containing an expired non-immigrant visa and I-94, arrival and departure record.
    - Pending or approved application for asylum in the United States.

- Valid re-entry into the United States in refugee status I-327 or I-571.
- Pending or approved application for temporary protected status in the United States.
- Approved deferred action status or a pending application for adjustment of status to legal permanent resident status or conditional resident status.\*
- Document must provide conclusive proof of legal presence.

## Acceptable Documents for Name and Date of Birth

When applying for an original (first) Wisconsin Instruction Permit, driver license or identification card, you must provide proof of your name and date of birth. *The following documents are acceptable proof of name and date of birth:* 

- 1. Certified birth certificate from Wisconsin. Note: Hospital birth certificates and birth registrations are not acceptable.
- 2. Certified birth certificates from another state or territory of the United States, or a certificate of birth abroad issued by the U.S. Dept. of State (federal forms FS-545 or DS-1350). Canadian birth certificates are not accepted. In line with Puerto Rico's law, as of Oct. 31, 2010, Wisconsin will not accept any Puerto Rican birth certificate certified before July 1, 2010. More information at <a href="https://www.pr.gov">www.pr.gov</a>.
- 3. Valid U.S. passport.
- 4. Valid foreign passport with federal I-551 or I-94, arrival and departure record.
- 5. Valid Wisconsin driver license/DOT issued ID card, with your photograph and signature.
- 6. Federal I-551 alien Registration Receipt Card.
- 7. Federal I-94 Arrival-Departure Record (Parole or Refugee Version) a reception and placement program assurance form plus a letter from sponsoring agency and MV3002.
- 8. U.S. Certification of Naturalization (N-550)
- 9. Certificate of U.S. Citizenship (N-560)
- 10. Federal temporary resident card or employment authorization card (I-688, I-6888 or I-766).
- 11. Native American Identification Card issued in Wisconsin by a federally recognized tribe.
- 12. Court order with court seal related to the adoption or divorce of the individual or to a name or gender change that includes the person's current full legal name, date of birth and the person's prior name. This does not include an abstract of criminal or civil conviction.
- 13. Armed Forces of the U.S. ID Card: Common Access Card or DD Form 2.
- 14. TSA Transportation Worker Identification Credential (TWIC Card).

# **Acceptable Documents for Proof of Identity**

When applying for an original (first) Wisconsin instruction permit, driver license or identification card, you must provide proof of identity.

When applying for any other Wisconsin instruction permit, driver license or identification card, you must also provide proof of your identity.

The document must identify you by name and bear your signature or a readily recognizable photograph of you.

The following documents are acceptable proof of identity:

- 1. A valid Wisconsin or out-of-state driver license (not a Canadian driver license) with your photograph. (Note-Temporary out-of-state driving receipts are not acceptable.)
- 2. Military discharge papers including federal DD-214.
- 3. U.S. Government and Military Dependent ID Card.
- 4. A valid Wisconsin or out-of-state ID card (not a Canadian ID card) with your photograph.
- 5. Certified copy of a Marriage Certificate or Judgement of Divorce.
- 6. Social Security Card issued by the Social Security Administration.
- 7. If you are under 18, your parent or legal guardian can show a valid Wisconsin Driver's License or ID card and confirm your identity.
- 8. TSA Transportation Worker Identification Credential (TWIC Card)

#### **Acceptable Documents for Proof of Wisconsin Residency**

When applying for an original (first) Wisconsin instruction permit, driver license or identification card you must provide proof of Wisconsin residency if you are 18 years of age or older.

Documents presented as proof must be original. Photocopies are not acceptable.

Documents listing a post office box or commercial receiving agency as the mailing address are not acceptable.

The Department will decline to accept any document presented if it does not provide conclusive proof of residency. Additional verification may be requested.

# The following documents are acceptable proof of Wisconsin residency when they include your name and current Wisconsin residence street address:

- 1. Employee photo identification card issued by your current employer containing your employer's name and address. Your employer's telephone number may be requested for verification.
- 2. Pay check or stub or earning statement with your name and Wisconsin address, and your employer's name and address issued within the last 90 days. Your employer's telephone number may be requested for verification.
- **3.** A utility bill for water, gas, electricity or land-line telephone service issued within the last 90 days. Cable or similar bundles of services the include landline telephone service is included in this category. Electronic copies are acceptable.
- **4.** An account statement from a Wisconsin bank/financial institution issued within the last 90 days. This includes savings, checking or money market accounts held in banks or credit unions.
- **5.** Certified school record or transcript that identifies you by name, shows your current address and is issued within the last 90 days for the most recent school period.
- 6. Mortage documents for a residential property located in Wisconsin.
- **7.** Your current valid homeowner, renter or motor vehicle insurance policy dated within 1 year of application.

- **8.** Government issued correspondence or product issued within the last 90 days from a federal, state, county or city agency.
- **9.** Department of Corrections documentation. Letters from probation/parole agents on letterhead issued within the last 90 days.
- **10.** Your college enrollment documentation or Form 2019. Certificate of Eligibility for Exchange Visitor (j-1) Status with your current Wisconsin address.